


W/C 22/02/2021	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Early Years-Fundamentals 	Yoga 	Wellbeing Wednesday 11:00 Live on Facebook 	Yoga 	Football Friday 11:00 Live session on Facebook 
Lunch	Fitness Frenzy 	P.E with Mr Beal 	Fitness Challenge 	Dance 	Fitness Challenge 
Afternoon	P.E with Mr Beal 	Life Skills Session 16:00 Live on Facebook 	P.E with Mr Beal 	Funky Thursday 15:30 live on Facebook 	P.E with Mr Beal 



Welcome back to our new and improved Active at Home Physical Activity Timetable. Each day there will be 3 sessions ranging from Live Facebook sessions to 10-minute quick workouts to full one hour PE Sessions.

As ever we would love to see how you get on, so please send any photos or videos to us by tagging us on Facebook.

Stay Safe, Stay Healthy and Stay Active